



Raising awareness
 targeted leadership
 speaks on bipolar
 depression
 Page 8

SPOKE

A LEARNING NEWSPAPER FOR JOURNALISM STUDENTS



An amazing finish
 Conestoga's
 Julian Smith is
 All-Canada in Canada
 Page 11

FASHION SHOW CULTIVATES CULTURAL AWARENESS



PHOTO BY KYLE GORDON

Students in the multicultural club's fashion show (see left) to right: Alexia Altam, Christine O'Connor, Ming, Selma Rose, Genavie Sherman and Sophia Howard. (left) Sher and Julian a victory dance celebration for a photo, after successfully pulling a fashion show. (left) Page 7 for additional photos.

Conestoga celebrates diversity

By ALAN COOPER

There are many cultures represented in the faces of Conestoga students.

Between Nov. 18 and 20, Conestoga College celebrated that mosaic with Cultural Diversity Week at South campus.

All week long the cafeteria featured a different national cuisine each day from countries such as Turkey, Italy, Greece and Indonesia. Angela Malachuk, a first-year marketing student, was awarded to try the Indonesian curry lunch featured on Nov. 18.

"It tasted amazing," she said. "I love curry."

Displayed on the Lakeside Resource Centre all week was a board with a list of the Seven Wonders of the World, and a large pad of paper with one student, faculty and staff to list the landmarks they think should be a world wonder. The LRC also displayed books on multicultural subjects including the Ganges Islands, ancient Arctic mummies

and giant bridges across the world.

Outside the Conestoga Students' Inn office, a map of the world, as well as stories of little and dirt clothes, were displayed all week so that passing by could mark a spot or two around the world they felt connected to. By the end of the week the map was covered pinned date, appearing across Europe, Asia, the United States and South America. There was even a line dot marking in the middle of Antarctica but that just might have been a joke.

Conestoga's multicultural club members performed in a fashion show, featuring popular fashions of India.

The girls wore brightly coloured saris and two young men modelled comfortable kurti-collared pyjamas.

With just 176 days to go, part, Conestoga business foundations students, Genavie Sherman pulled together seven other students and took to the streets in the Athens from 12:30 to around

1 p.m.

"The models did a fabulous job," Sherman said. "It was really two minutes before the couple of them."

Originally to start at 12:30 on the Saturday, the show was delayed 10 minutes so Sherman could get to the finishing touches.

Once the fashion show was over, the models ended on an off note and excitement of having strayed their staff. Several of the girls passed her friends' pictures, and showed to the ladies pop music blasting from speakers behind a black curtain.

In a moment of the multicultural club Sherman welcomed two students to join and put forth her as her sister as how to have a better of unity of these nations.

"We want to let people know we have the team that Sherman said. "We also know that a student's first focus is on school."

The club has started a Facebook page so others can be shared more easily and the quickly.

MURAL MASTERPIECE NOW COMPLETE



PHOTO BY KAREN HORTON

James Bell left, a three-year graphic design student, stands with the most recently finished part of the mural in the Athens Bell was part of the team that initially designed the mural and has seen it through to completion. Ryan Bishop is professor of graphic design and the faculty supervisor. For story and more photos see Page 8.

Conestoga students concerned about possible faculty strike

BY CHRIS BART

Conestoga College students are anxiously waiting to find out if their teachers will go on strike on the new year.

Many students are upset with this possible future strike, especially after several years of the college increased by 10 per cent this fall.

"A strike will leave students in the dust," said April Carver, a first-year business management student. "I'm a mature student and I want to finish school on time or go on to grad."

Other students are taking a calmer approach. "A strike would not take place next year."

"I'm not going to worry about it until January," said Mohi Paul Duddy, a first-year general arts and sciences student.

They haven't held the

strike vote yet," said Brandon Pasiri, a first-year electronics engineering student. "A strike could hold me back though, if it goes on for a long time."

Negotiations between the Ontario Public Service Employees Union (OPSEU) and the college that represents Conestoga 24 colleges broke down on Nov. 12. After that, the college threatened a new contract that went into effect on Nov. 18 but was not supported by OPSEU. The union says it will hold a strike vote early next year.

On Nov. 18, it was announced that the two sides have agreed to go back to the bargaining table, and will meet today.

Up to 8,000 professors, instructors and librarians could go on strike affecting 300,000 college students in Ontario.

TAKING TIME OUT OF HIS BUSY SCHEDULE



PHOTO BY MICHAEL FRANKS

Santa Claus arrived early this year at the R.R. Christmas parade on Nov. 21. Children were excited to bring their letters to Santa and riding along with the Christmas parade.

The hamper that save Christmas

BY MICHAEL FRANKS

The House of Friendship is a Christmas hamper program that is a team.

The charity organization does everything good deeds within the community, but one of the most significant acts of kindness this season is the Christmas Hamper Program.

10

I appreciate their enthusiasm and their commitment to help others in their community who are

in need.

—Tony Bender

10

The program this year is about 100 hamper Dec. 18. From Dec. 18 to the hamper are being put together and packages from Dec. 18 they are being delivered to needy families all over the community.

The hampers include meat and food items supplied by the Food Bank of Waterloo as well as from community groups and individuals. Last year, thanks to the

Kathleen Conestoga, Betty Clark, the organization was also able to include toiletries and clothes to some of the hampers.

Every year the House of Friendship volunteers donate tons of food and money not to mention much needed winter help. The house has been for the students and other people who are in need. The program which runs on weekends in the morning and afternoon allows for students to spend as much as an hour or two hours a day volunteering. Students can even choose to volunteer for as many days as they want.

Tony Bender, the community service program director, says the best part of the program is working with the approximately 100 volunteers.

"I appreciate their enthusiasm and their commitment to help others in their community who are in need," he said.

For others who have their own families that still with it make a difference in their lives. He made directly in the charity. Bender says this year's most needed, non-perishable items are peanut butter, canned soup, canned fruit, canned beans, canned tuna, canned meat and canned fruit.

Many families are experiencing the loss of the hampers they receive last year, which are unacceptable. "They never thought they would be in a situation of needing help," said Bender.



PHOTO BY MICHAEL FRANKS

The House of Friendship is a charity that is a team. It is a team of volunteers who are working to help others in their community who are in need. The program which runs on weekends in the morning and afternoon allows for students to spend as much as an hour or two hours a day volunteering. Students can even choose to volunteer for as many days as they want.

Donations sought for care packages for troops

BY MICHAEL FRANKS

On Thanksgiving you expect to be eating around the table, enjoying your turkey dinner and spending time with your family. The last thing you want to be doing is preparing packages to your son or to be sent off to war.

David resident, Drew Penikese, member of Troops Care Package, was just one parent who had to watch his son leave for Kandahar, Afghanistan.

Although she wouldn't be able to protect her son out there, she wasn't going to let him or the other troops live in misery.

"In July we had a big battle over the troops in Ghazni province, and their families. It was then we made up to put together 100 care packages for the troops," said Penikese.

The plan was to well received that. When the troops, and their families, it was then we made up to put together 100 care packages for the troops," said Penikese.

From where made up and helped and it the door to volunteers asking for my help they could go to putting these care packages together.

"The bags and gifts need stuff like shower cream, tooth powder, soap, toothbrush and so on. They

aren't living in the best of conditions over there, and these little things mean so much," said Penikese.

The first support, Our Troops Campaign was held Oct. 28 to Nov. 4 after which Penikese had collected enough donations to make up 100 bags care packages.

"I know the care packages right to the front of 'Troops' as that they would be loaded on the plane there going over to the troops. They say they would get them later," said Penikese.

The care packages arrived a week and a half later in Kandahar.

Penikese will be leading another support Our Troops campaign in February.

If you would like to help support the troops by putting together the care packages program, they could see the following items for sale, food, toiletries, soap, hand cream, toothbrush, toothpaste, body wash, shampoo, playing cards, T-shirts, socks, underwear and other items for sale. Call David Penikese, 766-1111, for more information.

You can drop items off at the House of Friendship on Mondays from 9 a.m. to noon.

Strike would hurt students

BY NICK RABED

People like to feel appreciated, especially in the workplace. They also want to be treated fairly. If disgruntled they can go on strike to try and get what they want. This makes a lot of sense in private sector companies where workers often want more of the profit pie.

At public sector, non-profit institutions such as Conestoga College, however, a strike is not about getting a larger share of the profits, because there is no profits to get. Instead strikes are often motivated by issues surrounding workload, safety and benefits. It all seems down to perceived fairness.

In a perfect world employees would never have to fight for these things.

Unfortunately, Conestoga College does not exist in a perfect world. It exists in a universe where the school's faculty expects to earn more than high school teachers but less than university professors.

It exists in a universe where some of the faculty feels overworked, stressed and undervalued. Despite this, a strike is not an acceptable way of negotiating. When a strike occurs in a private company, say a manufacturer, the products of said manufacturer are held hostage. In a school, the students are the hostages.

Last year York University's students lost months of their lives waiting for a strike to end. They could not go home and get a job to earn money because they did not know where it was going to be continued. They lost the first month of their summer as they had to return to school, neither obtaining any much needed money at student jobs.

Students are not kidnapping ransoms or parents. They are the focal point of the education system. When a strike occurs in a school situation, the first question should be "what does this have a negative effect on students?" It does not the first priority is a debate about things need to change.

An agreement should not come at the cost of students suffering.

The union leader representing the position of the teachers pay, not necessarily the teacher.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer.

Letters will be considered for consideration for the magazine and will be published.

Letters should be no longer

than 500 words.

Spoke reserves the right to edit any letter for publication. Address correspondence to:

The Editor: Spoke, 205 Court Valley Dr. Room 1236, Ancaster, Ont. M2G 4M4



Students will once again be used as pawns if college teachers go on strike

Commercialism is ruining the true spirit of Christmas

Growing up in an affluent household meant celebrating Christmas with an elaborate party that my family spent months planning and paying off. It was commercialism in its best.

But last Christmas we decided to skip the Christmas party and gift-giving, save our money and take a family spring vacation. We had a simple dinner and danced on celebrating with loved ones in the end it was our most memorable Christmas.



Lisa Becker
Opinion

gifts. I left Cherry Gardens with a pile of clothes for myself and a full box of wrapping for my parents, but that was the first year I felt wrong. No wonder had I looked up our with the gifts I felt pulled out for myself. Then I had extended them and returned them all. It was only then that I realized that Christmas had made a huge impact on me.

When we are young and old we get it, but sometimes in the middle we lose sight of what is truly important. When we are young we are not influenced by money and give from the heart. We value those truly intimate. When we get older we value time and those intimate we now make the greatest. Somewhere in the middle we get caught into the commercial side of

Christmas.

We become consumed with the presentation and the meal and stress the perfect moment. Usually all we remember about the best is the stress. When I remember about childhood Christmas it's not the perfect Christmas I remember. It's the one that was dropped the turkey on the floor and we had to pack it by hand up a provincial hill. I have no idea what Santa Claus brought us when I was seven, but I do remember making gingerbread cookies.

I think it's a trap out to blame big business such as Matal and Hallmark for the commercialization of Christmas. If we didn't buy into the whole idea they wouldn't keep throwing it on there. I think as many of us struggle with religion we also struggle with what Christmas should mean to us and how we should celebrate it.

Hopefully everyone will come to realize that expensive gifts and perfect parties can never replace spending quality time with loved ones.

When we are young and old we get it, but somewhere in the middle we lose sight of what is truly important.

When we are young we are not influenced by money and give from the heart. We value those truly intimate. When we get older we value time and those intimate we now make the greatest. Somewhere in the middle we get caught into the commercial side of

SPOKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF CONESTOGA COLLEGE

Editor: Greg Corne
Advertising Manager: Chris Ball and Don Brown
Spoke
Spoke Online Editor: Don Brown and Chris Corne

Production Manager: Sarah Hunsicker (for Spoke) and Greg Corne (for Spoke Online)
Spoke's Manager: Greg Corne
Spoke Editor: Don Brown and Chris Corne
Spoke Online Editor: Don Brown and Chris Corne

Spoke's Manager: Sarah Hunsicker (for Spoke) and Greg Corne (for Spoke Online)
Spoke's Manager: Greg Corne
Spoke Editor: Don Brown and Chris Corne
Spoke Online Editor: Don Brown and Chris Corne

Phone: 905-766-5555 ext 5433 5492 5493
Fax: 905-766-5554
E-mail: spokemanager@conestoga.ca
Website: www.conestoga.ca/spoke

Lie To Me worth watching

How can you tell if someone is lying to you?

That is the concept of *Lie To Me*, starring Mike Fisher and Tim Allen. The series introduces a new way of looking at justice by a previously convicted felon who teams up with law enforcement to catch bad guys.

The show is based on the hit TV work of Dr. Joel Scharon, a renowned former professor of psychology at the University of California-Merced School who has helped the FBI and CIA in numerous investigations.

Each plays the cunning character Ed Lightman, who owns the Lightman Group, a



Mike Fisher
Opinion

socially aware of situations people liked to interview on period lines.

As a human lie detector, Lightman is a responsibility, making his time with plans. However, he always attempts to reveal aspects of people's lives, and people that truthfulness by their spontaneous reactions. Tightening of the lips often is

a clear sign of underlying anger, a slight curling of the upper lip is disgust or contempt and dilating pupils indicates surprise.

Lightman works closely with the Dallas Police, aided by Kelly Williams. Williams has known for her stirring role as The Franchise, on the show of the show.

Police perhaps Lightman's love interest, is a laid-back psychologist, recovering from the death of her young daughter and the demise of her marriage.

And what is a crime-fighting team without an evenly over-the-top watching?

Mike Fisher has most recently starred in *ER*, as Dr.

Maxwell. Tim Allen plays FBI agent Sam Reynolds, who argues and complains about Lightman's strange style.

A intriguing aspect of the show is the real-life examples of people in the police are exhibiting infinite signs of deception.

Just as Lightman argues a lie, there is a show up of the evidence. One time a series of close-ups of smiling faces expressions of well-known faces such as Bill Clinton, Julia Roberts or George W. Bush.

Mike Reynolds plays the Texas, the show's one comedy. A former sportscaster, David is recruited by

Lightman because of her uncanny ability to read people whole language, and said by not them on their behavior.

Lightman's personal life is only minimally touched on, as several episodes spend a lot of time with his 14-year-old daughter, Irene, with Lightman.

Having passed up the first season because it was on at 10 p.m., I am glad to see it on at 9 p.m., so I can catch on to his performance every week.

Not only Ed Lightman left the Las Vegas to find a wife, young and slightly ugly was in sight.

And that's the truth.

Holiday season

can be costly

These gift ideas can help your budget

I went to Chesapeake Mall in Winchester this weekend and I was surprised when I was greeted by a steady modern look. The mall was beautiful, lit with warm fluorescent lights and did not seem so far to the eye could see. I quickly realized that there would be many more and I started to plan.

Christmas can be a very stressful time for people and many other people. Many in tight budgets but if people can buy gifts for others to be getting larger and larger. I decided to sit down in the food court and develop a game plan. Here are some ideas I came up with in consideration my own budget and I still give great gifts.

1. Gift baskets. These are a fun and cheap way to give someone an awesome gift. Putting a basket with toiletries, change and create that you know the person likes is fun and shows the person that you really care about them. Cheap baskets can be found at the Dollar Store or even at dollar stores. There's a bunch of really cheap baskets I look like you spent a lot of money when you didn't.

2. Make a donation. Making a donation in a person's name is very cheap. Find out what charity is interested in the person really cares about and give the



Nicole Smith
Opinion

organization. **3. The person will feel great about this gift.** **4. There's a gift.** Making a gift with the person's favorite things is a great gift. It doesn't cost very much and it tells the person how much you really love him or her. You can also donate the one person giving the gift that someone will feel great about.

4. Donations make sense. Giving money as a gift doesn't have to be boring. Find out what you can do for the person's personal money. A job out of the person's name also makes the person feel important.

5. Gift cards make sense. Many people love gift cards, and the best part is you can put any amount on them. Five dollars might not be enough for anything in the store but it can be used toward a purchase.

I tell the staff finding better than any other Christmas list, because I can make your list up to a \$100 budget. Hopefully you can too.

Reduction in salt applauded

Did you read a pair of boots last winter dripping through rain and snow? If so, you'll be happy to hear that the City of Richmond hopes to see less salt this year.

According to the City of Richmond's website, this year, they have started an "anti-salt" program, meaning you will apply a liquid application of the salt that water "brine" application to the liquid form before the brine and water of salt. It allows you to reduce the amount of salt on our streets.

Last winter, Richmond, Virginia and Cambridge used about 20,000 tons of salt. It is having a negative impact on the environment. In the past five years there has been a 50 per cent decrease in salt in our local water.

In response to the increased salt usage, the City of Richmond has a "green" plan. "Green" means they will use a liquid application of salt to the road, to spread up the amount between the salt and so which maintains the amount of salt brine away from the road. This will reduce the amount of salt used on the road by 50 per cent.

The winter maintenance should see a reduction of salt on the roads, but that's only one of the many benefits. The City of Richmond's website, on page states "Road salt is essential for safe winter driving but can be deadly to sensitive plants and animals, especially freshwater fish. The salt also causes erosion a few inches of the road bed, groundwater and



Steep Falcato
Opinion

also get into stagnant pools by affecting drink the water.

Richmond's attempt to reduce salt usage is a first step in helping the environment.

HAVE THE SUMMER OF YOUR LIFE!

CAMP WAYNE FOR GIRLS is a children's sleep-away camp in northeast Pennsylvania (8/15-8/15/10). If you love children and want a caring, fun environment we need Counselors and Program Directors for Tennis, Swimming, Golf, Gymnastics, Cheerleading, Drama, Robotics Course, Camping/Nature, Team Sports, Watermelon, Baking, Painting/Drawing, Crafts, Silkscreen, Printmaking, Batik, Jewelry, Calligraphy, Photography, Sculpture, Guitar, Aerobics, Self-Defense, Video, Piano. Other staff: Administrative, CDA, Dinner (21+), Nurses (RN's and Nursing Students), Bookkeeper, Nanny. On campus.

Interviews January 27th! Select the camp that interests the best staff! Call 1-215-644-8668 or apply online at www.campwaynegirls.com

CLUB NEW ROCK

THE TRI-CITIES NEW ROCK ALTERNATIVE



PHOTO BY JANELLE SCHNEIDER

The mural that brightens the interior of Coe College's Deane complex was a passion project for graphic design student James Bell. It was a completed work, a small testament.

Graphic design student sees mural to completion

By JANELLE SCHNEIDER

The mural in the Atrium has been a big part of James Bell's young life.

Bell, a third-year graphic design student, was part of the team that designed the mural in his first year and has been followed it through to completion three years later.

"A really honest work that design," he said, adding he wanted to use it to the end.

When the Student Life Center (SLC) was under construction, the college looked for a way to improve the space and create community in a way that emphasized pride and sense of place.

"We really wanted in the center to profile the people at work students," said Carol Gregory, the director of student life and student development.

Gregory set on the commission that saw the project get underway. Members included

Faculty: Student Life staff, Library, Residence Center staff, alumni and Coe College students.

As part of Bell's first year, his class was divided into groups of four who were required to design a mural for the Atrium area and another for an elementary school. Each group presented its design to a committee consisting of Student Life staff, CSD and faculty. The committee then chose the ones they liked the best, and students voted for their favorites. Bell's group did a 3D mock-up and eventually won.

"Our group decided to be known," he laughed.

Bell thought he was finished with the project when the design was on the school's wall and the school year was over and the design had been used for the summer to build pride outside of the mural, a venture that was never really successful.

Tom Bishop, professor of graphic design, thought this was a "thick" mural" approach and he helped to get the mural project back under way after a request from Gregory. Bell was also approached by the teachers to help work on the project and ultimately ended most of it.

That is when Jeff Freytag also came on board. He is a grad of the former print production program and his company, Jon Incorporated Graphics Inc., offered its services to the school at cost. Jon used a computerized plotting line and was called a 3D to cut the mural piece out of sections a thin, lightweight plastic.

Bell converted the drawings into the artwork and then, and they cut out the pieces and used a laser printer-like machine to screen on the artwork. Employees with the college's physical resources department, glued and

covered the pieces onto place.

The first piece to go up was the one and used discussion on the mural that by the SLC. Then, as Gregory's favorite piece became a big mural, many things—knowledge, life and growth. There are also plans to bring the tree to other Coe College campuses to spread community and achievement over the whole college.

The next piece to go up was in the area across the back of the Atrium that includes graphics representing the computer programming, the broadcasting and the light program.

Over the past summer Bell was back to help with the project's completion. The most recently added graphic includes the piece inside health services and digital representing the architecture program on the upper level in the center by the coaches. The mural is meant to represent

all students and programs at Coe College and it's a project that has received lots of positive feedback.

"It's warmed up and highlighted that space" said Bishop.

The design started from a small two-inch master sketch of the tree and expanded from there.

"It's all started off that," Bell said. "To begin a design, I find something that really speaks to."

Bell kept drawing to make the design "better," from the colors in the one picture into.

One interesting aspect of the design is the background theme, a concept intended to make students to place themselves in the picture. But there's one drawback from that design.

"It's begging for vandalism," said Bishop. But so far "there hasn't been a scratch on the thing."



PHOTO BY JANELLE SCHNEIDER

This tree illustration was the first part of the mural located in an effort to build community design may be used at other campuses. Bell, a graphic design student who was part of the team that initially designed the mural, actually drew himself into one of the pictures (purple).

CRAFTSMANSHIP AND CREATIVITY ON DISPLAY AT FAIR NOVEMBER



Above center, Twelfth, two, spiffy characters that decorate clothing, were featured at Fair November held at the University of Guelph Nov. 18 to 20. The 32nd annual exhibition and sale of fine Canadian craft featured everything from stained glass and pottery to jewelry and quilting.

Left, Digi by Designer Recycled Textiles was selling hot westerns and Regency Gown. Eric Stewart, 27, made the gown.

Above right, Anna (Sara) Steele had a booth at Fair November selling down craftslike. The business, located in Aker, Ont., also offers Christmas snowflake workshops.

PHOTOS BY LISA BUCKLE

CULTURAL DIVERSITY AT CONESTOGA COLLEGE



Students like and the multicultural club organized an event celebrating cultural diversity on Nov. 18.

Above, Toronto TV broadcast students Gerard Fagan, front, and Rita Lucette put red dot stickers on the places they feel connected to on a map of the world. Fagan put his on Ireland and Lucette on New Brunswick. In an effort to share the diversity of Conestoga College, students were encouraged to identify the place they feel connected to while studying at Osoo campus.

Right, the only two male models in a fashion show were Steve Taylor left, and Lasse Johnson, who were comfortable pajamas-style outfits for men. Top center, students Christine El Conser-Wong and Behar Simpson ran off copies as about 50 students applied their fashion show.

For right, is broadcast Somalia (Somalia) thanks friends and other members of the multicultural club for their help in organizing and hosting in the 15-minute fashion show.

PHOTOS BY ALEX COOK





PHOTO BY BRIAN KAMRINSKY

Sugar Sammy appeared in the Saturday on Nov. 29 as part of the Canadian college tour, which wraps up today in Durham College in Durham. (3rd)

Sugar Sammy has fun making fun of students

By NICOLE MANWICK

Students who spent their lunch in the canteen on Nov. 28 were in for a real-time, real-time, or sometimes Sugar Sammy took the stage for an hour of entertainment. Sammy, whose real name is Simon Khattar, joked fun at a wide range of topics, from relationships and dating to computers and her books.

Audience members were often the subjects of Sammy's sarcasm. One member of the book tour was teased for her "bad hair" before it, and was described as the member of a hip band who only gets to spend a few lines at the beginning of a song.

"She's," Sammy teased sarcastically on her best friend's name, "You know I never showed up last year."

Later, a girl at her own table was playfully teased for "losing" during an enlighten-

ment of Sammy's take on dating.

"It was really funny," said second-year advertising student Kyle Weber, who was in the audience.

"You glad he didn't pick me out of the crowd. I wouldn't know what to do."

Comedians were the fifth stop on Sugar Sammy's current tour, which will be hitting a total of 14 colleges and universities across Canada.

Sugar Sammy is a Canadian born to two Indian parents, who performs his comedy shows in English, French, Hindi and Punjabi. He got his start on that Fox Laugh-In, and has been part of the comedy festival for the past six years.

His HBO special, Sugar Sammy Live in Concert, was filmed in June 2005 and will be shown in Canada throughout November and December.

Margaret Trudeau speaks frankly about mental illness

By MARY MACK

She was all smiles the other evening.

Margaret Trudeau, who together with The United Way is trying to raise awareness about bipolar depression, was at Performance Hall at the University of Waterloo in June 19 to talk about her life and her battles with the illness.

Sponsored by Mental Health Partnership, the 2008

Leadership Honor Thank you Event was held for those who have donated 14,000 or more to The United Way of Southern Ontario this year. Trudeau was the guest speaker. She said it wasn't until after her second child, Sasha, was born that she felt overwhelming depression.

"The (Pierre Elliott Trudeau) was so overwhelmed as I was after (Alexander) Sasha was born," said Trudeau. "I didn't want to think into that and Sasha was play with him and he was a prince at two years old."

She attributed the mood swings to postpartum depression, and even after receiving treatment for it, doctors said it didn't realize it was much more serious. When Sasha was born, her family felt the problems were from the public mental health.

Bipolar depression is a debilitating topic. Some researchers say it's caused by chemical imbalances in the brain while others argue it's less more to do with any body reacting to psychological influences.

"My focus is on my own role, and I didn't know I was bipolar until after I married Pierre," Trudeau said. The 500 people in attendance at Performance Hall.

Experts believe that one in 10 people will suffer from bipolar depression, but Trudeau believes that rate is even like one in three.

"If you don't suffer from it you will suffer collectively from someone in your family," she said.

The death of her youngest son, Michael, left her in a terrible state. He was killed as an adolescent while skiing at Killarney Ontario Provincial Park in 1991.

"What I understand was the power of grief," said Trudeau. "I told everyone to leave me alone and everybody

did when in fact it's the opposite."

She encourages everyone to get help for people who they believe may be depressed.

"I thought I could do it myself. When you're mentally ill, you can't be your own advocate."

Don Norman, CEO for The United Way of Southern Ontario and wife, Isabelle Trudeau, is an ongoing figure to speak to people about mental health.

"The more the conversations and that's so important to everything we do in life. We need that support, and if you don't know what's happening nobody can reach out to help you if we don't know you help."

Warner was very pleased with Trudeau being selected as the speaker this year.

"Her courage and her name allow us to listen in a different way that some others aren't used to."

Warner said there are no plans to ask Trudeau back at the keynote speaker but he left the door open.

"I'd like to have her back at it was appropriate."

Steve Perkins, the 2008 chair of Leadership event, is a former member of the United Way of Southern Ontario. Perkins said Mental Health played a key role in this event for the past three years.

"Mental Health for the third year in a row is the executive leadership speaker for the campaign. It (Mental Health) really joined the United Way of Southern Ontario, and it's a great way to reach leaders across the country."

Weg, Leggett, has been working for The United Way for almost two years after receiving a diploma in public relations at Centennial College. She believes the thank-you event is a great idea to recognize the donors who give yearly in great amounts.

"This is primarily to thank them for those donations and give them a gift. This event is mainly free to them, including the drinks and beer donations, it's an employee event."

Last year, The United Way celebrated their goal and raised more than \$2.5 million. The donors recognized at this year's event, accounted for 26 per cent of the total money raised, coming forward with \$1.7 million.

Volunteers push to launch halfway house for women

By KATHERINE HOGAN

At the mere notion of a halfway house, people get upset and loud together in protest. No one wants people living nearby who have just been released from prison.

But at Waterloo Region it is a different story. It is a group of residents that's working to launch a halfway house, one that is for women on parole from the Grand Valley Institution at Kitchener.

A social services agency is usually responsible for such helping a house like this.

The volunteers at the prison have started looking for a house that will best suit the early released women on parole.

There are halfway houses in Brampton, Hamilton, Dundas, Barrie, London, Toronto and Ottawa but nothing that was local," said Rose Beach, a Waterloo Region real estate agent who volunteers at the prison.

There are over 250 volunteers at the prison who request property to improve at local churches and other houses at evening, and help find suitable first home properties and monthly services inside the

prison as Home Waterhouse.

"It can be easy for the women leaving to go to a different city the halfway house, because it may not be in a safe part of town. Most of them want to stay locally," said Beach.

"What makes this very unique for us is instead of having the Salvation Army, we're talking about volunteers who get together to say we want this halfway house to happen," said Rose Karamany Kachow, the prison's full time chaplain.

The volunteers are looking at either buying a house and running it independently or partnering with the agency that Rose of Hope, a local Christian agency that runs two houses in the region for young offenders.

Beach and the operating cost of the halfway house, that would be about \$4 hours a day would be around \$100,000 a year.

This money would come from contracts with Correctional Services Canada.

"Last fall we formed a committee of interested volun-

teers that was behind the initiative that Rosemary, my wife Judy and I had started. From that committee we formed an association and the committee decided to call the property Rockhouse House. From there we registered a charitable organization called The Women's Halfway House of Waterloo Waterloo Region to be operated in Rockhouse House," said Beach.

The house was named after Rosemary Kachow, the former chaplain, who has been working at Grand Valley Institution since it opened in 1977.

The halfway house will have the same volunteers who will answer at the prison, getting the women on parole Rockhouse.

The house will be an extension house Kachow where it is close to social services and programs for the women.

Even the security guards at the prison are on hand to help in saying they are to get the halfway house running.

Beach and Kachow are looking to have it operating in 1991 but know that could take a year or longer until 1991.

DONATE TO HELP A CHILD'S CHRISTMAS



PHOTO BY KATHERINE HOGAN

The Christmas Wish Tree has been set up outside the library for students who have children and are financially unable to buy gifts for Christmas. Students can explain to receive a gift by filling out an application at the C&D library. Students will sign up and select a child or family to buy for and bring the gift home. C&D will have mail by the family that the present is in.

Thermography becoming popular

By KATHERINE HOGAN

Stepping into the old, weathered house at 8 Cornelia St. in Kitchener, you might feel lost. However, once upstairs, you will realize you have found a place that could change your life.

Mary Kachowinsky opened the first thermography clinic in Kitchener one year ago and recently relocated to her new office on Cornelia Street.

The first cost of a full price point and all the extra costs is proving to be reducing for Kachowinsky and her patients.

"I try to make the experience as pleasant as possible," Kachowinsky said.

Thermography is a procedure that takes images of the human body and then analyzed by a doctor to determine the risk of developing breast cancer. Abnormal areas produce more heat and are therefore detected in the images.

Kachowinsky first performs a cold water test on all of her patients. Once the patient has finished, room temperature, they put their hand in cold water for one minute.

This causes the blood to constrict and if there is some strong abnormality it wouldn't be affected by the cold water and would still show on the digital image on screen.

Kachowinsky has a waitlist. Five of patients and estimate she might have to extend her hours of operation.

"Now that I'm here, it's spreading like a wildfire," she said.

Kachowinsky celebrated ten years of being home in Kitchener on Nov. 9. She is excited to be celebrating this major milestone with her family and friends.

"I'm a survivor," Kachowinsky said.

Her mother also knew about thermography years ago because it is such a delicious food for old women to eat tonight breast health.

The procedure costs \$170 and is not covered by OHIP but Kachowinsky is in the process of trying to change that.

To make an appointment or for more information call 336-275-6800 or visit www.thermographyinc.com.

POSING LIKE EGYPTIANS DURING INTERNATIONAL WEEK



PHOTO BY KATHERINE HOGAN

First year International Business management students Katerina Gully, left, and Jay Hill costume International week on Nov. 30 with a diskette-themed, Egypt.



HOROSCOPE

Week of Nov. 30, 2009



Aries
March 21 -
April 19

You will be shocked to find out that people actually like LAMFAO. Even more shocking is that not these bad calls out their concerns.



Libra
September 23 -
October 22

You will spend a good chunk of your week reading the dramatic books printed by Douglas. Complaints will be the paper stars.



Taurus
April 20 - May 20

On Thursday a rabbit will attack you. This will get you supergrumpy. It may, however, give you relief or some other disease.



Scorpio
October 23 -
November 21

This Friday will be spent listening to the over/low music of the Drapach Maphys. This may look only if you start drinking like members of the band.



Gemini
May 21 - June 21

You will get into a fight with a runner. A runner is a chicken but he will not run from this fight. Watch for the back and shoes.



Sagittarius
November 22 -
December 21

You will see a soldier making around on a Great Dane on Wednesday. You will then stop in the great jump left for the dog.



Cancer
June 22 - July 22

At some point this week you will get into the room with a pair of pants. You will get to keep the rest of pants.



Capricorn
December 22 -
January 19

You will sell some of your stuff in exchange for Canadian Tire money. You will be quite angry when you find out that money is worthless.



Leo
July 23 - August 22

On Friday a person in a record costume will annoy you for at least a half hour. The worst part of this is the small annoying item the man.



Aquarius
January 20 -
February 18

You will enjoy the music of AC/DC all week. The central part is better to them with your head phones on. You had this way to deal.



Virgo
August 23 -
September 22

Your weekend will be spent watching films from the Rhapsodians. Prove this movie TV can beat your eyes to be careful.



Pisces
February 19 -
March 20

At some point this week you will give yourself to another part of your body. This will mean there around you a great deal.

HST: good for big business, bad for everyone else

Dillon McGarry and his Liberal government's move to introduce a harmonized tax in Ontario has been announced recently and as the July 2010 date to implement the tax creeps closer, it is proving difficult to rally support.

The new harmonized tax will combine the federal and provincial sales tax into one 15 per cent HST. The tax is designed to help businesses flourish, helping out Ontario's assigned manufacturing industry. Unfortunately it seems that the tax will leave the opposite effect.

In a National Post article earlier this year Cindy Tordham-Chenault, a trade and tax lawyer at Long McPheeters Toronto said she believed the HST is no more



Dillon McGarry
Opinion

than a money grab and that it will likely drive more than most offshore like movie that it will negatively effect small-to- and mid-sized businesses as they will lose their competitive advantage in the current Ontario U.S. companies and those from other provinces may decide to get their services from companies outside of Ontario, thus saving 8 per cent. And Ontario will have to now pay tax on many everyday items such as your morning cup of coffee, beer

etc., shoes and heating so who is really benefiting from the HST? The everyday Joe suffers while the government and big businesses continue to pad their wallets.

The HST will likely cost McGarry's reign as premier but the tax will remain long after he is gone. The same way the GST never went away like was once promised. In a time when people are struggling to keep their jobs and pay their bills, why would the government want to implement a tax that is going to hurt those same people?

It is time for Ontario to act and force the government to reconsider implementing the HST. And McGarry needs to voice your concerns. mcgarry@mcgarry.com

In the spirit of respect
www.respect.org.on.ca/ethos

Our rez is a community.
We are all responsible for building a new home
for us based on trust, understanding and
mutual respect.
Thank You for Being the Difference

Christmas Wish Tree

Make a Child's Christmas Wish Come True!

*Come visit the CSI office in room 2A106
to get a CHILDS WISH CARD.
On it you'll find their Christmas
wish that you can purchase
and return to the CSI office.*

*For children 12 and under only.
For more information
visit the CSI office
in Room 2A106*

*November 16th
till December 11th*

CHRYSTAL A
TRANSFORMATION

Lets make a difference together